

ABSTRAK

HUBUNGAN ANTARA *SELF-ESTEEM* DAN *SOCIAL ANXIETY* PADA MAHASISWA  
AKTIF PROGRAM STUDI BK UNIVERSITAS SANATA DHARMA PENGGUNA  
*SECOND ACCOUNT* DI INSTAGRAM

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Penelitian ini bertujuan untuk: (1) mengetahui tingkat *self-esteem* pada mahasiswa pengguna *second account* di instagram, (2) mengetahui tingkat *social anxiety* pada mahasiswa pengguna *second account* di instagram, dan (3) mengetahui ada tidaknya hubungan antara *self-esteem* dan *social anxiety* pada mahasiswa pengguna *second account* di instagram.

Penelitian ini menggunakan pendekatan kuantitatif dengan metode korelasional. Subjek penelitian berjumlah 80 mahasiswa aktif Program Studi Bimbingan dan Konseling Universitas Sanata Dharma yang dipilih melalui teknik *purposive sampling*, dengan kriteria pengguna aktif *second account* instagram. Teknik analisis data yang digunakan adalah analisis statistik deskriptif untuk kategorisasi variabel dan uji korelasi *Pearson Product Moment* untuk menguji hubungan antara *self-esteem* dan *social anxiety*. Teknik pengumpulan data menggunakan kuesioner. Hasil uji validitas menunjukkan bahwa dari 48 item skala *self-esteem*, terdapat 47 item yang dinyatakan valid, sedangkan pada skala *social anxiety*, dari 44 item terdapat 32 item yang dinyatakan valid. Nilai reliabilitas masing-masing sebesar  $\alpha = 0,733$  untuk *self-esteem* dan  $\alpha = 0,736$  untuk *social anxiety*.

Hasil penelitian menunjukkan bahwa: (1) tingkat *self-esteem* mahasiswa pengguna *second account* berada pada kategori tinggi, dengan 45 dari 80 responden termasuk dalam kategori tinggi; (2) tingkat *social anxiety* berada pada kategori sedang, dengan 34 responden berada pada kategori sedang; dan (3) terdapat hubungan negatif yang signifikan antara *self-esteem* dan *social anxiety* dengan nilai korelasi sebesar -0,344 dan  $p < 0.002$ . Hal ini menunjukkan bahwa semakin tinggi *self-esteem*, maka semakin rendah tingkat *social anxiety* pada mahasiswa pengguna *second account* di instagram.

**Kata kunci:** *self-esteem*, *social anxiety*, *second account* instagram, mahasiswa.

**ABSTRACT**

***THE RELATIONSHIP BETWEEN SELF-ESTEEM AND SOCIAL ANXIETY AMONG ACTIVE STUDENTS IN THE COUNSELING AND GUIDANCE PROGRAM AT SANATA DHARMA UNIVERSITY WHO USE A SECOND INSTAGRAM ACCOUNTS***

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*This study aims to: (1) determine the level of self-esteem among students who use second Instagram accounts, (2) determine the level of social anxiety among students who use second Instagram accounts, and (3) examine the relationship between self-esteem and social anxiety among students who use second Instagram accounts.*

*This study employed a quantitative approach with a correlational method. The research subjects consisted of 80 active students of the Guidance and Counseling Study Program at Sanata Dharma University, selected using purposive sampling with the criterion of being active users of second Instagram accounts. The data analysis techniques used were descriptive statistical analysis for variable categorization and the Pearson Product-Moment correlation test to examine the relationship between self-esteem and social anxiety. Data were collected using questionnaires. The validity test results showed that out of 48 items on the self-esteem scale, 47 items were valid, while on the social anxiety scale, 32 out of 44 items were valid. The reliability coefficients were  $\alpha = 0.733$  for self-esteem and  $\alpha = 0.736$  for social anxiety.*

*The results of the study indicate that: (1) the level of self-esteem among students using second Instagram accounts is in the high category, with 45 out of 80 respondents classified as high; (2) the level of social anxiety is in the moderate category, with 34 respondents classified as moderate; and (3) there is a significant negative relationship between self-esteem and social anxiety, with a correlation coefficient of  $-0.344$  and  $p < 0.002$ . This indicates that higher self-esteem is associated with lower levels of social anxiety among students who use second Instagram accounts.*

**Keywords:** *self-esteem, social anxiety, second account instagram, students.*